

# **3<sup>rd</sup> Quarter Report**

**July 1 - September 30, 2019**



**WZLR-FM Xenia, Ohio  
Cox Radio, Inc.**

**WZLR-FM**

**This report contains information that was broadcast on each of the following topics:**

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**Civic Issues**

**Culture**

**Economy**

**Education**

**Environment**

**Health/Human Services**

**Public Safety**

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**WZLR-FM Shows Listed in Report**  
**07/01/19-09/30/19**

All durations listed within report are approximate.  
Durations listed in Hours: Minutes: Seconds (i.e. 01:20:00)

Radio Health Journal (Sunday) .....5:00-5:30a.m.

View Points (Sunday).....5:30-6:00a.m.

WHIO Reports (Sunday) ..... 6:00-6:30a.m.  
(Current Issues Produced by the News Department)

Miami Valley Voices (Sunday).....6:30-7:00a.m.  
(Current Issues Produced by the News Department)

ISSUE & DESCRIPTIONDATETIMELENGTH**CIVIC ISSUES**

07/21/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on help for veterans in the Miami Valley. Whether you served in World War 2, the Korean War, Vietnam War, Desert Storm or somewhere else, there is help available for you for all kinds of things and you earned it. In the last couple of months, we've heard from several groups that are honoring vets or trying to help them find a better job. Guests include: Mark Landers, Executive Director, Montgomery County Veterans Service Commission; Lisa Lewber and Jesse Johnson, Veteran Service Officers.

07/28/19 06:00AM 00:24:30

**WHIO REPORTS:** What's New @ Carillon Park – This edition of WHIO Reports focuses on the new and exciting things going on at the legendary park that is home to the Wright Brothers exhibit and much more relating to the history of Dayton. A great expansion project has been underway at the park. People from the park are anxious to show us what has been happening and when the public will be able to take advantage of it. Guests include: Brady Kress, President and CEO of Dayton History; Steve Lucht, Dayton History Curator and Leo DeLuca, Dayton History Media Coordinator.

07/28/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Lori Erion, founding director of Families of Addicts, on the latest in the local opioid crisis, and the group's upcoming Rally for Addiction Recovery downtown.

08/04/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Gerry Chadwick and Melodie Bennett from Dayton Rotary on the organization's upcoming "Tour de Gem" cycling fundraiser for local nonprofits.

08/11/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Gerry Chadwick and Melodie Bennett from Dayton Rotary on the organization's upcoming "Tour de Gem" cycling fundraiser for local nonprofits.

ISSUE & DESCRIPTIONDATETIMELENGTH

08/25/19 05:00AM 00:12:45

**RADIO HEALTH JOURNAL: SEGMENT 1:** Experts believe about 40 percent of the food available in America is thrown away. Solving this problem also creates an opportunity to help with food insecurity. It starts with consumers. Experts explain where waste comes from and how people can cut down on its production. Host & Writer/Producer: Reed Pence. Guests: JoAnne Berkenkamp, Senior Advocate, Natural Resources Defense Council; Michele Chase, Agency Relations Field Coordinator, Food Forward, Los Angeles

08/25/19 05:30AM 00:09:40

**VIEWPOINTS: SEGMENT 1:** Racial segregation still persists throughout the U.S. One factor contributing to this inequality is the structure of our town and cities. Richard Rothstein and Tonika Johnson talk about how past laws and our government created a divided demographic and the impact this has on certain populations. Host: Gary Price. Guests: Diversity in reporting is vital to news that conveys differing perspectives. We speak with Zahra Hankir, journalist and author of Our Women on the Ground to learn more about this issue and some of the stories of these courageous female journalists who've risked their lives to report from within the Middle East.

08/25/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Lori Erion, founding director of Families of Addicts, on the latest in the local opioid crisis, and the group's upcoming Rally for Addiction Recovery downtown.

09/01/19 05:30AM 00:08:40

**VIEWPOINTS: SEGMENT 2:** While schools have put in place comprehensive anti-bullying campaigns, we seldom focus on ensuring the child bully gets the help they need to succeed. We still punish troubled kids with detentions, suspensions and from there it escalates onward. Many seem to never get the proper help and get stuck in a perpetual cycle of trouble throughout life. How do we change our mindset and practices in order to stop these children from falling through the cracks? Host: Marty Peterson. Guests: Geraldine DeRuiter, creator of the blog The Everywhereist and author, All Over the Place: Adventures in Travel, True Love and Petty Theft; Dr. Ross Greene, clinical child psychologist and founding director of Lives in the Balance

ISSUE & DESCRIPTIONDATETIMELENGTH

09/01/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Melodie Bennett, director of House of Bread, the Dayton community kitchen that serves free lunch 365 days a year to the needy, on its new expansion and renovation.

09/08/19 06:00AM 00:24:30

**WHIO REPORTS:** The edition of WHIO Reports focuses on one of the greatest resources in the Miami Valley, and that's The Foodbank. Their mission is to relieve hunger in the Miami Valley through a network of partner agencies. Throughout their history, they have stepped forward to help in all times of need. Guests include: Michelle Riley, CEO/President of The Foodbank and Lee Truesdale, Chief Development officer, The Foodbank.

09/15/19 05:30AM 00:08:33

**VIEWPOINTS: SEGMENT 2:** Ryan Leigh Dostie, author of Formation: A Woman's Memoir of Stepping Out of Line, enlisted in the Army after graduating from high school and was deployed to Iraq shortly after finishing her training. In 2002, while abroad, she was raped while sleeping in her Army barracks. What followed was a series of victim-blaming tactics and unfair bias directed towards her by her commanders. Dostie spoke with Viewpoints about her experience and how she found the strength to move on. Host: Marty Peterson. Guests: Ryan Leigh Dostie, author of Formation: A Woman's Memoir of Stepping Out of Line

09/15/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports will take an inside look at Wright-Patterson Air Force Base from mission-critical work that is underway to the new jobs being added in the future. Guests include: Col. Thomas Sherman, Commander of 88th Air Base Wing Installation and Brandon Hough, Air Force Marathon Director

ISSUE & DESCRIPTIONDATETIMELENGTHCULTURE

07/07/19 05:30AM 00:08:35

**VIEWPOINTS: SEGMENT 1:** Many of us throw an emoji or two in a text or social media message to help get our point across. But do you ever wonder how emojis came about and why we pick certain ones over others? We speak with three experts about their rise in popularity and reflection of different cultures and generations. Host: Gary Price. Guests: Dr. Linda Kaye, psychology professor at Edge Hill University; Marcel Danesi, professor of anthropology at the University of Toronto and author of The Semiotics of Emoji: The Rise of Visual Language in the Age of the Internet; Dr. Thomas Daniel, assistant professor at Westfield State University

07/14/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Jerry Smith, chief curator of the Dayton Art Institute, on the latest new show – works from local private art collections.

07/21/19 05:30AM 00:11:21

**VIEWPOINTS: SEGMENT 2:** Author Jared Yates Sexton shares memories from his own turbulent and accounts as a journalist and connects it to the larger discussion around the phenomenon of toxic masculinity in the U.S. What exactly is toxic masculinity and how is it affecting men and youth? Host: Marty Peterson. Guests: Jared Yates Sexton, author of The Man They Wanted Me to Be: Toxic Masculinity and a Crisis of Our Own Making

08/11/19 05:30AM 00:09:45

**VIEWPOINTS: SEGMENT 1:** Parenting in the online era can be quite confusing. At what age should you let your kid have a Facebook or Snapchat account? How closely should you monitor what they view on the internet? We speak with Julianna Miner, author of Raising a Screen Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age, to get the inside scoop on teaching kids how to responsibly navigate the digital world. Host: Gary Price. Guests: Julianna Miner, author, Raising a Screen Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age

ISSUE & DESCRIPTIONDATETIMELENGTH

08/11/19 05:30AM 00:09:43

**VIEWPOINTS: SEGMENT 2:** What exactly is implicit bias and how does it form? We break it down and talk about why it's so important for parents to address this issue with kids through discussions and diverse environments early on. Host: Marty Peterson. Guests: Andrew Baron, associate professor of psychology at the University of British Columbia; Dr. Jennifer Harvey, professor of religion at Drake University and author, *Raising White Kids: Bringing up Children in a Racially Unjust America*; Michael Acuna, consultant, Office of the Independent Monitor of the Denver police and sheriff's departments

08/18/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports will focus on looking back at the long history of the Dayton Art Institute, it's current mission and what the future looks like. Guests include: Michael Roediger, Director & CEO, Dayton Art Institute and Jerry Smith, DAI Chief Curator

08/18/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Dave Lucas, Ohio state poet laureate; Sierra Leone, local Dayton poet; Ruth Awad, poet from Columbus, on local poetry event featuring all three and focusing on poet laureate's work.

09/08/19 05:30AM 00:12:08

**VIEWPOINTS: SEGMENT 1:** When we think of a typical high school football player, most of us imagine a muscled teenage boy in a uniform. We speak with K-Lani Nava, the first female football player to score and win in a Texas high school championship game, about the importance of breaking gender issues stereotypes to play the sport you love. Host: Gary Price. Guests: Dr. Christia Spears Brown, professor, development psychology at the University of Kentucky, author, *Parenting Beyond Pink and Blue: How to Raise Kids Free of Gender issues Stereotypes*; K-Lani Nava, high school football player, Strawn High School, current college student, Texas A&M University



ISSUE & DESCRIPTIONDATETIMELENGTH

09/15/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Cathy Roma, founding director of the World House Choir, a social justice choral group from Yellow Springs, on its upcoming show at the Levitt Pavilion and its other works in local prisons and schools.

09/22/19 05:30AM 00:10:51

**VIEWPOINTS: SEGMENT 1:** When most of us think of rodeo, we travel back in time to the Wild Wild West where cowboys roamed the streets. These days, the sport is still alive and thriving but is evolving with the times. We speak with three rodeo experts about everything from bull riding to rodeo clowns and queens. Host: Gary Price. Guests: Cody Teel, professional bull rider; James Higginbotham, Executive Director, National High School Rodeo Association; McKardy Kelly, 2019-2020 High School Rodeo Queen

09/22/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Eva Buttacavoli, director of the Dayton Visual Arts Center, on its recent rebrand as The Contemporary Dayton, and future plans to move into the new Dayton Arcade.

09/29/19 05:00AM 00:12:38

**RADIO HEALTH JOURNAL: SEGMENT 1:** The availability of consumer DNA tests and databases has allowed long-hidden family secrets to be revealed, including mistaken paternity and unknown siblings. It has also taken the anonymity away from some cases of sperm donation. Two experts discuss the ethics of overturning this promised secrecy and the impact that the revelation of secrets can have on entire families. Host: Reed Pence. Producer: Polly Hansen. Guests: Dani Shapiro, author, *Inheritance: A Memoir of Genealogy, Paternity, and Love*; Dr. Bill Sullivan, Professor of Pharmacology and Toxicology, Indiana University School of Medicine and author, *Pleased to Meet Me: Genes, Germs, and the Curious Forces That Make Us Who We Are*

ISSUE & DESCRIPTIONDATETIMELENGTH

09/29/19 05:30AM 00:09:24

**VIEWPOINTS: SEGMENT 1:** While some of us have fond memories of an idyllic childhood filled with joyous birthday parties and summer road trips, some children face a completely different home life. This instability can overtake a child or teen and lead them down a dangerous path. The nonprofit, Friends of the Children, understands the importance of getting to a child early on and setting a permanent mentor-child relationship that they can rely on while everything else in their life may be up in the air. We learn about the organization and how they're helping thousands of children move past these struggles to thrive. Host: Gary Price. Guests: Patrick Kindred, graduate of Friends of the Children Portland; Dr. Ross Greene, clinical child psychologist and founding director, Lives in the Balance; Terri Sorensen, CEO of Friends of the Children

ECONOMY

07/28/19 05:30AM 00:09:14

**VIEWPOINTS: SEGMENT 2:** Summertime is prime wedding season, and if you have several weddings to attend or be involved in, the costs can quickly start to add up. We speak with two women who are shaking up the wedding industry with their nontraditional viewpoints. Host: Marty Peterson. Guests: Jen Glantz, CEO of Bridesmaid for Hire; Ashley Smith, lead designer, planner, producer & owner of Ashley Smith Events

08/11/19 05:00AM 00:12:12

**RADIO HEALTH JOURNAL: SEGMENT 1:** Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change. Host & Writer/Producer: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Assistant Professor of Psychiatry and Psychology, University of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

ISSUE & DESCRIPTIONDATETIMELENGTH

09/01/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on some of the big stories recently involving organized labor in the Miami Valley. Plus, what issues labor unions are dealing with today in the Dayton region and then, a look to the future and what will the workplace look like in 10 years. Guests include: Tom Ritchie, Sr.; Carl Kennebrew; Stacy Benson-Taylor and Anne Sulfridge

09/08/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Local author Tim Gaffney on his new book about the history of Dayton's breweries and brewing industry.

09/22/19 05:30AM 00:08:37

**VIEWPOINTS: SEGMENT 2:** Most of us point to McDonald's as the founding of fast food as we know it. But the American staple actually began nearly a hundred years ago with two chains, White Castle and A&W. We speak with Adam Chandler, journalist and author of Drive-Thru Dreams: A Journey Through the Heart of America's Fast-Food Kingdom about the events that fed into the rapid rise of the fast-food industry and how different chains are fighting to stay present and on-trend in today's competitive restaurant landscape. Host: Marty Peterson. Guests: Adam Chandler, journalist & author, Drive-Thru Dreams: A Journey Through the Heart of America's Fast-Food Kingdom

09/29/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on the economy in the Miami Valley. Ten years after the recession, the national picture is pretty bright – unemployment is very low, the stock market is up, then down and back up again. Businesses are looking for workers, but can they find enough of them to meet the demand? Guests include: Holly Allen, Director of Marketing and Communications for Dayton Area Chamber of Commerce and Christopher Schutte, VP of Destination Marketing and Communications – Chamber of Greater Springfield.

ISSUE & DESCRIPTIONDATETIMELENGTHEDUCATION

07/07/19 05:30AM 00:10:09

**VIEWPOINTS: SEGMENT 2:** Canada's Oak Island has mystified explorers for hundreds of years, drawing many to its shores with the hope of finding buried pirate's treasure under its oak trees. We speak with Randall Sullivan, the author of The Curse of Oak Island: The Story of the World's Longest Treasure Hunt to learn more the area's historical significance and this never-ending quest. Host: Marty Peterson. Guests: Randall Sullivan, author of The Curse of Oak Island: The Story of the World's Longest Treasure Hunt

07/14/19 05:30AM 00:09:45

**VIEWPOINTS: SEGMENT 2:** In today's fast-paced world, it can be tough to start anew or slow down and reexamine what you're working towards. We speak with journalist and author David Epstein who argues that switching focuses and developing a wide range of skillsets ultimately leads to greater success. Host: Marty Peterson. Guests: David Epstein, journalist and author of The Sports Gene: Inside the Science of Extraordinary Athletic Performance and Range: Why Generalists Triumph in a Specialized World

07/21/19 05:30AM 00:08:00

**VIEWPOINTS: SEGMENT 1:** Student loan debt is set to skyrocket to two trillion dollars by 2022. We talk two students about their differing perspectives on financial aid and debt. We also speak with Mike Bartini, the director of student aid at Bowdoin College, about how important it is that students and families take time to focus on the financials of higher education before enrolling. Host: Gary Price. Guests: Mev Becoja, graduate student at DePaul University; Laura Sherman, undergraduate student at Indiana University; Mike Bartini, Director of Student Aid at Bowdoin College

08/10/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on preparing to return back to school. It's time for parents to begin the process of getting organized, getting ready themselves and getting the kids thinking about what they need to do now so that when classes start, they are ready to learn right away. Guests include: Shannon Cox, Superintendent, Montgomery County Educational Service Center and Rusty Clifford, Director of Administration and Operations, Montgomery County Educational Service Center.

ISSUE & DESCRIPTIONDATETIMELENGTH

08/11/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports will focus on Sinclair Community College and Clark State Community College who have won approval from the state of Ohio to open four-year programs, which is historic in many ways. Clark State's program will be in Manufacturing Technology Management, while Sinclair will have two four-year programs – Applied Bachelor's Degree in Unmanned Aerial Systems and a four-year degree in aviation. Guests include: Andrew Shepherd, Sinclair Community College and Crystal Jones, Clark State Community College.

09/22/19 05:00AM 00:12:27

**RADIO HEALTH JOURNAL: SEGMENT 1:** Violence increases as temperatures rise in the summer, but are higher temperatures a cause of aggression? New research shows that the answer is yes, especially in family conflict, and that poor neighborhoods bear the brunt of the relationship. Researchers discuss the synergy between poverty, heat, and aggression, and speculate that a warmer world in the future could be a more violent one. Host & Producer: Reed Pence. Guests: Dr. Matthew Kahn, Bloomberg Distinguished Professor of Economics and Director, 21st Century Cities Initiative, Johns Hopkins University; Dr. Frank McAndrew, Professor of Psychology, Knox College; Dr. Kilian Heilmann, Institute for New Economic Thinking, University of Southern California

ENVIRONMENT

07/07/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** Rebecca Benna, CEO of Five Rivers MetroParks, on latest news in the system and on how it weathered damage in the Memorial Day tornadoes.

07/14/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on lessons that were learned in the aftermath of the Memorial Day tornadoes that swept across the Miami Valley. We wanted to look back at what happened ow the community responded and then look forward. What can we do better the next time bad weather strikes the Dayton region. Guests include: WHIO-TV Chief Meteorologist McCall Vrydaghs; Jeff Jordan, Director of Montgomery County EMA and Cory Paul, Executive Director of the Dayton area Red Cross.

ISSUE & DESCRIPTIONDATETIMELENGTH

07/28/19 05:30AM 00:09:45

**VIEWPOINTS: SEGMENT 1:** Cookie cutter houses, large backyards and shopping centers took hold during the rapid rise of suburbia during the second half of the 20th century. Now, towns across the U.S. are facing a new set of challenges from climate change to shifting demographics that require a different landscape than what was first constructed. We speak with two experts about the current state of suburbia and potential solutions. Host: Gary Price. Guests: Ellen Dunham-Jones, professor of architecture and urban design at Georgia Tech; David Feldman, professor in the school of social ecology at the University of California-Irvine

08/25/19 05:30AM 00:09:17

**VIEWPOINTS: SEGMENT 2:** Around 90 percent of the plastic we use is left un-recycled and dumped in a landfill. Over time, this waste seeps into our oceans, harming its ecosystems and creating islands of floating garbage. The Great Pacific Garbage Patch is now more than twice the size of Texas. How do we reduce plastic consumption and get manufacturers to adopt more eco-friendly practices? We discuss the crisis and how people can change. Host: Marty Peterson. Guests: Steven Strogatz, professor, applied mathematics at Cornell University and author, Infinite Powers: How Calculus Reveals the Secrets of the Universe

09/08/19 05:30AM 00:06:59

**VIEWPOINTS: SEGMENT 2:** What it's like to swim inside of an iceberg the size of a small country? World-renowned cave diver Jill Heinerth led a team of divers inside the massive B-15 iceberg in Antarctica, and throughout her career has completed hundreds of other underwater dives across the world. We speak with Heinerth about the beauty and risks of cave diving and the importance of her work in helping scientists, biologists and researchers learn more about the Earth's oceans and ecosystems. Host: Marty Peterson. Guests: Jill Heinerth, cave diver and author, Into the Planet: My Life as a Cave Diver

ISSUE & DESCRIPTIONDATETIMELENGTH**HEALTH/HUMAN SERVICES**

07/07/19 05:00AM 00:08:10

**RADIO HEALTH JOURNAL: SEGMENT 2:** Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate. Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pychyl, Associate Professor of Psychology, Carelton University; Dr. Christine Li, clinical psychologist and procrastination coach

07/14/19 05:00AM 00:12:17

**RADIO HEALTH JOURNAL: SEGMENT 1:** Most people associate cirrhosis of the liver with heavy alcohol use. But nonalcoholic fatty liver disease, which also leads to cirrhosis, is growing rapidly, and may affect a quarter of the population. Experts discuss this silent disease and what people can do to prevent and treat it. Reed Pence. Guests: Dr. Michael Porayko, Professor of Medicine, Vanderbilt University Medical Center; Donna Cryer, founder and CEO, Global Liver Institute and liver transplant recipient; Wayne Eskridge, founder and CEO, Fatty Liver Foundation

07/14/19 05:00AM 00:07:43

**RADIO HEALTH JOURNAL: SEGMENT 2:** Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses. Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com

ISSUE & DESCRIPTIONDATETIMELENGTH

07/21/19 05:00AM 00:12:28

**RADIO HEALTH JOURNAL: SEGMENT 1:** Mobile health apps are becoming very popular, though some are being shown to have little benefit. Few barriers exist to almost anyone entering the field whether they have health expertise or not. Privacy is also a concern. Experts discuss how people can protect themselves and find apps that do what they want. Host: Reed Pence. Producer: Regan Huston. Guests: Dr. Anne Berman, Associate Professor of Clinical Psychology, Karolinska Institute; Marc Fischer, co-founder and CEO, Dogtown Media; Dr. Shon Lewis, Professor of Adult Psychiatry, University of Manchester; Dr. Michael Kleinrock, Research Director, IQVIA Institute for Human Data Science; Dr. John Torous, Director, Digital Psychiatry, Beth Israel Deaconess Medical Center

07/21/19 05:00AM 00:07:25

**RADIO HEALTH JOURNAL: SEGMENT 2:** Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America

07/28/19 05:00AM 00:11:20

**RADIO HEALTH JOURNAL: SEGMENT 1:** Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings. Too little sleep or poor sleep carries heart and brain risks that are powerful, as experts explain. Host & Producer: Reed Pence. Guests: Dr. Chris DeSouza, Professor of Integrative Physiology, University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging



ISSUE & DESCRIPTIONDATETIMELENGTH

07/28/19 05:00AM 00:08:39

**RADIO HEALTH JOURNAL: SEGMENT 2:** Heart disease is the number one killer in the US, but a well-known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss. Host: Nancy Benson. Producer: Reed Pence. Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute

08/04/19 05:00AM 00:12:57

**RADIO HEALTH JOURNAL: SEGMENT 1:** Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal. Host: Reed Pence. Writer/Producer: Morgan Kelly. Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist, educator specializing in TBI; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University

08/18/19 05:00AM 00:13:15

**RADIO HEALTH JOURNAL: SEGMENT 1:** High levels of copper in the body can produce mental health symptoms such as depression, anxiety, and aggression. However, most doctors don't test for copper levels and may prescribe medications like antidepressants instead. An author who suffered years with undiagnosed copper toxicity and two expert psychiatrists discuss diagnosis and treatment. Host & Writer/Producer: Reed Pence. Guests: Deb Tokarz, author, I Cu Copper; Dr. Judy Tsafir, holistic psychiatrist in Boston and Teaching Associate, Harvard Medical School; Dr. Courtney Snyder, holistic psychiatrist, Louisville, KY

08/18/19 05:00AM 00:06:40

**RADIO HEALTH JOURNAL: SEGMENT 2:** Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains. Host: Nancy Benson. Guest: Jennifer Wright, author, Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them

ISSUE & DESCRIPTIONDATETIMELENGTH

08/18/19 05:30AM 00:10:55

**VIEWPOINTS: SEGMENT 1:** It's estimated that worldwide there are currently between 20 and 40 million people who are exploited through forced labor, marriage and prostitution, according to the International Labor Organization. We take a look at the South Asian country of Nepal where as many as 20,000 girls each year fall victim to human trafficking. We discuss solutions and what more needs to be done to end this global human rights crisis. Host: Gary Price. Guests: Parbati Thapa, volunteer at the Rural Health and Education Services Trust; Sarah Bakker, director of operations for the American Himalayan Foundation; Heather Barr, acting co-director of the women's rights division, Human Rights Watch

08/18/19 05:30AM 00:08:23

**VIEWPOINTS: SEGMENT 2:** You want to eat healthy, but sometimes that's not always possible. There's nothing around that's quick, affordable and above all, hits the spot. We cover how new models are creating a greater number of nutritious options and the challenges that comes with sustaining the profitability of these new systems. Host: Marty Peterson. Guests: Shayna Harris, chief growth officer at Farmer's Fridge; Chris Bosso, professor of public policy and politics at Northeastern University

08/25/19 05:00AM 00:07:02

**RADIO HEALTH JOURNAL: SEGMENT 2:** Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a then-nine-year old boy with such seizures, the danger they posed, and the novel way he was treated. Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Aria Fallah, Assistant Professor of Neurosurgery, UCLA Geffen School of Medicine and Mattel Children's Hospital

08/25/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on the process and problems of finding a nursing home or other suitable care living arrangement for an elderly loved one. Guests include: Chip Wilkins – Program Director & Certified Ombudsman Specialist, Long-Term Care Ombudsman Office; Beverly Baltes – Volunteer Coordinator & Certified Ombudsman Specialist, Long-Term Care Ombudsman Office and Megan Oiler - Certified Ombudsman Specialist, MyCare Ohio Specialist, Long-Term Care Ombudsman Office

ISSUE & DESCRIPTIONDATETIMELENGTH

09/01/19 05:00AM 00:12:32

**RADIO HEALTH JOURNAL: SEGMENT 1:** Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC. Host: Reed Pence. Writer/Producer: Regan Huston. Guests: Estuardo Torres, father of SUDC victim; Dr. Eric Eason, Assistant Medical Examiner, Cook County, IL; Laura Gould Crandall, research scientist, Department of Neurology, NYU Langone Comprehensive Epilepsy Center and mother of SUDC victim; Ron and Jordana Zachara, parents of SUDC victim

09/01/19 05:00AM 00:06:25

**RADIO HEALTH JOURNAL: SEGMENT 2:** Some people find that small “stones” are growing on their tonsils. They’re an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones’ formation and treatment. Host: Nancy Benson. Writer/Producer: Morgan Kelly. Guests: Dr. Alter Peerless, otolaryngologist, Mercy Health, Cincinnati; Dr. Lauren Bohm, Assistant Professor of Otolaryngology, University of Michigan

09/01/19 05:30AM 00:10:44

**VIEWPOINTS: SEGMENT 2:** About 10 percent of nurses today are men. As aging Americans place a greater strain on healthcare, the nursing industry faces a rising demand and is already responding by finding ways to recruit early on. We dispel some of the myths around the field and new medical technology in the works. Host: Gary Price. Guests: Blake Smith, National President, American Association for Men in Nursing; Brian Underwood, registered nurse

09/08/19 05:00AM 00:07:16

**RADIO HEALTH JOURNAL: SEGMENT 2:** Many Americans believe if they have good health care, they’ll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern. Host: Nancy Benson. Writer/Producer: Reed Pence. Guests: Dr. Bernadette Melnyk, Vice President for Health Promotion, Dean, College of Nursing and Chief Wellness Officer, The Ohio State University; Julie Potiker, author, Life Falls Apart But You Don’t Have To: Mindful Methods for Staying Calm in the Midst of Chaos

ISSUE & DESCRIPTIONDATETIMELENGTH

09/15/19 05:00AM 00:11:50

**RADIO HEALTH JOURNAL: SEGMENT 1:** The Trump Administration has proposed wholesale import of drugs from Canada to ease high US prescription drug prices. But since Canada is 1/10th the size of the US, could it supply enough drugs to make a difference? What's more, it appears Canadians are opposed to the plan and are devising rules to stop it. Experts discuss pro's and con's. Host & Producer: Reed Pence. Guests: John Adams, Board Chairman, Best Medicines Coalition (Canada); Justin Mendoza, State Partnerships Manager, Families USA

09/15/19 05:00AM 00:08:11

**RADIO HEALTH JOURNAL: SEGMENT 2:** The US spends more on medical care than other nations while quality still lags behind. A health industry expert explains how increased use of primary care and increased engagement with providers could reverse both trends. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Bret Jorgensen, Chairman and CEO, MDVIP

09/15/19 05:30AM 00:10:16

**VIEWPOINTS: SEGMENT 1:** In the U.S., most women look to achieve that summery glow or bronzed tan. But in much of the world and in many ethnic cultures, having lighter skin is widely preferred and is viewed as a status symbol of beauty and wealth. To achieve this look, millions of women use whitening creams, pills and even IV drips filled with a myriad of ingredients. We speak with three experts about the prevalence of skin whitening, side effects and how to change some of these deeply rooted cultural stereotypes that feed into this mentality. Host: Gary Price. Guests: Dr. Isima Sobande, Nigerian dermatologist; Dr. Carlos Charles, dermatologist and founder of Derma Di Colore; Amira Adawe, executive director of The Beautywell Project

09/22/19 05:00AM 00:07:38

**RADIO HEALTH JOURNAL: SEGMENT 2:** Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Executive Director, Western Suffolk Psychological Services, Huntington, NY

ISSUE & DESCRIPTIONDATETIMELENGTH

09/22/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports will focus on healthcare coverage in the Miami Valley and the dilemma facing families with kids or adults who have pre-existing conditions. It's a complicated situation that involves the federal and state regulations, plus the work of local healthcare providers. Guests include: Rep. Mike Turner; Rep. Fred Shrahorn; Hila Collins, Nurse Practitioner at Dayton Children's; Dr. Troy Tyner, Kettering Health Network and Diane Pleiman, President of Premier Physicians Network

09/29/19 05:00AM 00:07:08

**RADIO HEALTH JOURNAL: SEGMENT 2:** Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross-wiring in the brain. The result is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain. Salinas discusses how this strange condition works and how he is able to use it in diagnosis. Host: Karen Hand. Guests: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, Mirror Touch: Notes From a Doctor Who Can Feel Your Pain

09/29/19 05:30AM 00:09:44

**VIEWPOINTS: SEGMENT 2:** Most of us at one point in our lives have thought about spontaneously getting a tattoo. By the next morning, however, we're glad we didn't take the leap. Dr. Eric Bernstein is a board-certified laser surgeon with more than 25 years of experience in laser tattoo removal. Throughout the years, he's seen just about everything and heard almost every reason out there for why patient wants their ink gone for good. Bernstein leads us through the interesting process of tattooing, how a tattoo actually gets removed and the good, the bad and the ugly designs he's seen over the years. Host: Marty Peterson. Guests: Dr. Eric Bernstein, board-certified laser surgeon & director, Main Line Center for Laser Surgery

09/29/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** DDN investigative reporter Katie Wedell on her recent coverage of local suicide prevention efforts and mental health treatment challenges in the area.

ISSUE & DESCRIPTIONDATETIMELENGTH**PUBLIC SAFETY**

07/07/19 06:00AM 00:24:30

**WHIO REPORTS:** This edition of WHIO Reports focuses on recruiting efforts by the Montgomery County Sheriff's Office. It's an opportunity to serve the public and build a career for yourself or a family member. The sheriff is launching a recruiting drive for new members of the staff, doing all kinds of things in law enforcement in Montgomery County. Guests: Rob Strect, Montgomery County Sheriff; Tim Kelly, Dispatcher and Melanie Spencer, Corrections Officer

07/14/19 05:30AM 00:09:29

**VIEWPOINTS: SEGMENT 1:** The rise and fall of the now defunct blood-testing company Theranos has captivated the attention of millions and exposed the dark side of the startup culture in Silicon Valley. Elizabeth Holmes, founder and CEO of Theranos, is awaiting trial next summer, facing 11 felony charges for allegedly defrauding the public. We speak with Stanford professor Dr. Phyllis Gardner who doubted Holmes from the very beginning. Host: Gary Price. Guests: Dr. Phyllis Gardner, professor of medicine, clinical pharmacology at Stanford University

07/21/19 06:30AM 00:30:00

**MIAMI VALLEY VOICES:** DDN investigative reporter Will Garbe, on his stories about the safety and quality of Dayton's drinking water supply.

08/04/19 05:00AM 00:07:01

**RADIO HEALTH JOURNAL: SEGMENT 2:** With the school year approaching, drivers need to be aware of children in crosswalks—and away from them. However, increasing distractions for both pedestrians and drivers sometimes make that difficult. A safety expert and a veteran school crossing guard—the nation's "favorite crossing guard"—discuss. Host: Nancy Benson. Writer/Producer: Regan Huston. Guests: Chief Lyn Woolford, Ashland, MO, crossing guard voted "nation's favorite;" Kristin Rosenthal, Senior Program Manager, Safe Kids Worldwide

ISSUE & DESCRIPTIONDATETIMELENGTH

08/04/19 05:30AM 00:09:26

**VIEWPOINTS: SEGMENT 1:** In an ideal situation, a taser – an electrical weapon– allow law enforcement to subdue a subject without having to pull out their gun. But why do tasers sometimes fail? We discuss possible factors at play when a taser is deployed and new technology in development at Axon Enterprise, the main supplier of tasers and body cameras to law enforcement. Host: Gary Price. Guests: Rick Smith, CEO & Founder of Axon Enterprise Inc. and author, *The End of Killing: How Our Newest Technologies Can Solve Humanity's Oldest Problem*; Greg Meyer, retired LAPD Captain

08/04/19 05:30AM 00:08:46

**VIEWPOINTS: SEGMENT 2:** We cover the Norco shootout of 1980 – an extravagant bank robbery by five heavily armed criminals ending in multiple lives lost, several wounded and a police helicopter shot down from the sky. We speak with author, Peter Houlahan about that fateful day and how it forever changed police response to organized crime. Host: Marty Peterson. Guests: Peter Houlahan, author *Norco '80: The True Story of the Most Spectacular Bank Robbery in American History*

08/11/19 05:00AM 00:07:29

**RADIO HEALTH JOURNAL: SEGMENT 2:** Nearly 40 percent of American homes have a dog, and while dogs may be “man’s best friend,” sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them. Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children’s Hospital and Association Professor of Otolaryngology, The Ohio State University College of Medicine

09/08/19 05:00AM 00:12:45

**RADIO HEALTH JOURNAL: SEGMENT 1:** With the recent active shooter incidents in El Paso and Dayton, these incidents no longer seem rare, and experts say there’s been a shift in public perception. Now they seemingly could happen anywhere, and it’s become a public health issue. Two experts discuss the changing theory of how to survive an active shooter incident through what’s called “run, hide, and fight.” Host & Writer/Producer: Reed Pence. Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, Xavier University; Dr. Park Dietz, founder and President, Threat Assessment Group